

Programs and Activities

Spring 2026 Programs

International Student and Scholar Services

Please note these events are subject to change.

Watch the isc-l@ksu.edu listserv and our social media accounts for more information!



January 2026

International Buddies Sign up

Registration opens: Tuesday, January 20th

The International Buddies Program <https://www.k-state.edu/buddies/> pairs local K-State students with international students every fall and spring semester. Once paired, Buddies meet regularly to learn about each other's cultures, customs, and explore Manhattan & K-State.

Activities Carnival

Thursday, January 22nd

6:00 pm - 8:00 pm at the K-State Student Union

The activities carnival held each semester is a great opportunity for students who are looking to get more involved to find an organization matching their interests. They are also great opportunities for registered student organizations to recruit new and excited students to join their organizations. Find something to get involved in, meet new people, grab some giveaways, and have fun! This will be a live event. For more information visit:

<https://www.k-state.edu/student-involvement/get-involved/carnival.html>

Basic Language Training (BLT)

Registration: Wednesday, January 7th - Sunday, January 25th

Classes are in person, February 2nd - April 2nd (8 weeks) with days and times to be determined (no classes during Spring Break). Languages offered: French and Spanish. BLT is a non-credit course taught by an international student. The student teaches the basics of their language and explores the culture of their country. The cost is \$40/language offered. More information can be found at <https://www.k-state.edu/iss/programs-events/blt/index.html>

Health Insurance Waiver Deadline

Saturday, January 31st at 11:59 pm

This is the last day to submit the health insurance waiver form. See https://www.k-state.edu/iss/students/health_insurance/index.html for more information on international student health insurance.

February 2026

International Spouse Orientation

Tuesday, February 3rd

12:00 pm - 1:00 pm at the ISSS Conference Room

If you are a spouse of an international student or scholar, we invite you to attend this orientation to help you navigate K-State and the Manhattan community. Presented by Tomas Seisdedos, ISSS Graduate Assistant and Boglarka Davies, ISSS Associate Director.

OPT Workshop

Wednesday, February 11th

6:00 pm - 7:00 pm via Zoom

(see link at <https://www.k-state.edu/iss/programs-events/> the week of the event)

During this workshop, we'll go over common questions about F-1 employment option, Optional Practical Training (OPT). We'll cover eligibility, application steps, and how these options can support your academic and post-graduation goals. Presented by Boglarka Davies, Associate Director of ISSS.

<https://www.k-state.edu/iss/students/f1/employment.html>

Scholarships for International Students in the U.S.

Tuesday, February 17th

12:00 pm – 1:00 pm via Zoom

(see Zoom link at <https://www.k-state.edu/iss/programs-events/> the week of the event)

Scholarships can help to fund your current studies or help you go to graduate school. International students at the undergraduate and graduate level are eligible for many awards. Join us to learn about some common scholarships for international students and where to search for more. Presented by Andrew Freck, International Student Advisor, Beth Powers, Director of the Office of Nationally Competitive Scholarships, and Brandon Moreno, Associate Director of Engagement and Belonging at the Alumni Center.

Adjustment to U.S. Culture Workshop

Thursday, February 19th

4:00 – 5:00 pm at the Jardine Frith Community Center

Are you excited to be in the U.S. or are you counting the days until you can return to your home country? This workshop is designed for students, scholars, and dependents in their first year in the U.S. who would like to talk about adjusting to U.S. culture and discussing cultural differences between the United States and their home country. Learn about the normal pattern of adjusting to a new culture, hear some tips for adjusting, and discover resources on campus and in the community.

Coffee Hour: Zimbabwe

Friday, February 20th

4:00 pm to 5:00 pm at the Jardine Frith Community Center or Zoom

(see link at <https://www.k-state.edu/iss/programs-events/> the week of the event)

Coffee Hour is a forum for international students to showcase their home countries. Grab some coffee and join us in this live Zoom program to learn about the geography and culture of another nation. See <https://www.k-state.edu/iss/programs-events/coffee-hour.html> for more information.

March 2026

Coffee Hour: France

Friday, March 6th

4:00 pm to 5:00 pm at the Jardine Frith Community Center or Zoom

(see link at <https://www.k-state.edu/iss/programs-events/> the week of the event)

Coffee Hour is a forum for international students to showcase their home countries. Grab some coffee and join us in this live and Zoom program to learn about the geography and culture of another nation. See <https://www.k-state.edu/iss/programs-events/coffee-hour.html> for more information.

Interview Workshop with the Career Center and ISSS

Tuesday, March 24th

3:30 pm – 5:00 pm in the Davis theatre

Get ready to interview with confidence! Join the Career Center and International Student & Scholar Services for a 90-minute interactive workshop designed to help you clearly articulate your skills and experiences. Learn how to craft a strong elevator pitch, answer interview questions using the STAR method, and communicate your strengths effectively to employers. The session will conclude with a brief ISSS overview covering key immigration considerations and an introduction to two common visa types. Open to all students—especially those preparing for internships, jobs, or graduate opportunities.

Kansas Driving

Thursday, March 26th

4:00 – 5:00 pm at the Jardine Frith Community Center

Come and learn about Kansas driving and the legal requirements for owning a vehicle including insurance and registration procedures. Presented by the K-State Police Department.

International Week - Talent Show

Sunday, March 29th

5:30 pm – 8:30 pm at the K-State Student Union - Forum Hall

Students and community members will highlight their traditional clothes from their respective countries. Sponsored by the International Coordinating Council.

International Week - Parade

Monday, March 30th

Starts at 4:00 pm at Bosco Plaza

Sponsored by the International Coordinating Council.

International Week – Panel Discussion

Tuesday, March 31st

11:15 am – 12:30 pm at the Staley School of Leadership – Town Hall

Sponsored by the International Coordinating Council.

April 2026

International Week – Dance Lessons

Wednesday, April 1st

5:30 pm – 7:00 pm at the K-State Student Union – Courtyard

A night of dancing, shown and taught by students of different countries and cultures. Sponsored by the International Coordinating Council and International Buddies.

International Week – Cultural Exhibition

Thursday, April 2nd

11:30 am - 1:00 pm at the K-State Student Union – Courtyard

Students from different cultures will show and explain artifacts from their home countries during a cultural exhibition. Sponsored by the International Coordinating Council.

International Week – Fashion Show

Saturday, April 4th

4:30 pm – 6:30 pm at the K-State Student Union - Forum Hall

International Students will share their rich culture through their talents. Sponsored by the International Coordinating Council.

Learn More About H-1B and Permanent Residency

Wednesday, April 8th

2:00 pm - 4:00 pm at the Jardine Frith Community Center

Learn the basic information about obtaining H1-B status as well as pathways to employment-based permanent residency. Presented by Judy Bordeau, an immigration attorney.

Coffee Hour: Mexico

Friday, April 17th

4:00 pm to 5:00 pm at the Jardine Frith Community Center or Zoom

(see link at <https://www.k-state.edu/iss/programs-events/> the week of the event)

Coffee Hour is a forum for international students to showcase their home countries. Grab some coffee and join us in this live and Zoom program to learn about the geography and culture of another nation. See <https://www.k-state.edu/iss/programs-events/coffee-hour.html> for more information.

All-University Open House

Saturday, April 18th

9:00 am to 3:00 pm at the Manhattan K-State Campus

K-State's annual carnival of academic exhibits, entertainment, food and fun. This is a strong K-State tradition and the biggest family-friendly event that take place all over campus. Learn more about this event at <https://www.k-state.edu/openhouse/>

Coffee Hour: Bangladesh

Friday, April 24th

4:00 pm to 5:00 pm at the Jardine Frith Community Center or Zoom

(see link at <https://www.k-state.edu/iss/programs-events/> the week of the event)

Coffee Hour is a forum for international students to showcase their home countries. Grab some coffee and join us in this live and Zoom program to learn about the geography and culture of another nation. See <https://www.k-state.edu/iss/programs-events/coffee-hour.html> for more information.

May 2026

Coffee Hour: South Korea

Friday, May 1st

4:00 pm to 5:00 pm at the Jardine Frith Community Center or Zoom

Coffee Hour is a forum for international students to showcase their home countries. Grab some coffee and join us in this live and Zoom program to learn about the geography and culture of another nation. See <https://www.k-state.edu/iss/programs-events/coffee-hour.html> for more information.

Other resources available on demand

A College Student's Guide to Eating Well

YouTube presentation: https://youtu.be/LtGJh_RQ_Qs

College life comes with unique barriers to making healthy food choices. This presentation teaches the audience the skills to identify and break down those barriers because a well-nourished student = a successful student. Presented by students in the WellCAT Ambassadors program.

Love Your Body

YouTube presentation: <https://youtu.be/xHjWc80tU2c>

There are many factors that lead to negative body image. An exploration into both positive and negative body image, this presentation touches on the dangers of eating disorders and offers tips for increasing body positivity. Presented by students in the WellCAT Ambassadors program.

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